

# lachelé

AESTHETICS & WELLNESS

## Avéli Post Treatment Instructions

Once your Avéli™ procedure is complete, you'll be on your way to achieving a meaningful reduction in the appearance of your cellulite! We want to ensure you have the best experience after your procedure and all your questions are answered. It is important to follow all instructions and recommendations given to you by your Avéli™ Provider. Please consult with them on any questions you may have, including the use of any non-prescription pain or anti-inflammatory medication (e.g. *acetaminophen*) within the first few days.

### What to Expect Post Treatment

#### Day 1-2:

- Mild discomfort and swelling is to be expected, along with clear or pink fluid that may leak from the insertion points. You will leave with gauze and steri-strips over the insertion sites. You may change gauze at home to soak up drainage for the first 24-48 hours.
- **Wear your compressive clothing as much as possible** to help reduce bruising and swelling.
- Heat or burning sensation may be felt in the treatment area, **applying an ice pack can help alleviate this sensation.**
- Tylenol or Motrin may be taken to alleviate any tenderness.

#### Day 3-14:

- **Continue wearing compressive clothing for 2 weeks post treatment.**
- Once insertion sites are closed (*24-48 hours*) and no longer weeping, **apply sunscreen to the area daily** if area is not covered by clothing. **Avoid sun exposure** for the first month post-treatment to prevent hypo pigmentation. This includes sun tanning, tanning beds, self tanner, etc.
- You may engage in *light* physical activity as tolerated, **avoid strenuous activity for the first 2 weeks.**
- Areas of numbness are possible and typically resolve within 60 days.
- You may experience tenderness when applying pressure to the area (*sitting, lying down*) and can take Tylenol or Motrin as needed.

#### 1 Month:

- You will begin to notice visible reduction in appearance of cellulite.
- Most bruising should be resolved at this time.

#### 3 Months:

- **Three month follow up** with your provider to review results and take after photos.
- Palpable areas of firmness (*or softness*) are expected. You may massage these areas with your fingertips for a few minutes/ day until resolved.

## **Frequently Asked Questions :**

### **Q: How do I care for the treatment area?**

A: You may experience some swelling and weeping from the area for the first 24-72 hours as your body excretes the numbing agent and lymphatic fluid in the area. You will go home with gauze and steri strips over the incision sites, and can continue to change out the gauze until weeping stops. Some patients find using ice packs to be helpful with swelling and discomfort. Apply sunscreen over insertion points during the first month post-treatment if the area is not covered by clothing.

### **Q: Is there downtime after the procedure?**

A: This procedure has minimal downtime with most patients returning to normal activities within 24-48 hours. We do recommend avoiding strenuous activities/ workouts for the first 2 weeks to provide enough time for the area to heal.

### **Q: Are there any side effects?**

A: Most common side effects are mild pain within the first 24 hours, swelling, bruising, and tenderness to the touch which typically resolves within 30 days. Ice packs may be used along with Tylenol or Advil for pain/ tenderness. Other side effects include weeping for the first 24-72 hours as your body excretes the numbing agent as well as lymphatic fluid in the area. A small percentage of patients experience numbness in the area that typically resolves by 60 days post-treatment. Small areas of firmness are to be expected. These areas are desirable for correcting depressions that previously existed. If the areas are slow to improve, perform firm massage with your fingertips for a few minutes/ day until resolved.

### **Q: How long do I need to wear compression for?**

A: Wear your compression clothing as much as possible for the first two weeks post-procedure to help reduce bruising and swelling.

### **Q: When will I see improvement in my cellulite?**

A: Many patients see improvement once the swelling and bruising subsides. This can be as early as two weeks with the majority of patients seeing results at 4 weeks post-treatment and continuing to see improvement for up to 3 months.